

The Gentlewomans

Cabinet

UNLOCKED.

Wherein is contained many excellent
Receipts for neat Dressing of di-
vers sorts of Meats ;

A S

Flesh and Fish,

With their Proper Sauces.

A L S O

Directions for the best way
of making

Pancakes,	{	Puddings,	{	And such like fine Knacks.
Fritters		Custards,		
Tanlies,		Cheescakes.		

and other Delicate Dishes, which are most
frequently used in Gentlemens Houses.

Printed for W. Chackeray and
T. Passenger.

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The Gentlewoman

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CABINET

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To make Rice-milk,

TAke a quart of good Milk, two handfulls of Rice-flower, beaten very small, and a quarter of a pound of Sugar, & put them into the Milk; then take the yolk of an Egg, beat it with a Spoonfull of Rose-water, then put it into the Milk, and stir all these together, and put it to a quick fire, keeping it continually stirring till it be as thick as water-pap.

To make Fritters.

Take nine Eggs, yolks and whites, beat them very well, and take half a pint of sack
Pint of Ale, some Ale-Yeast; put these

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these to the Eggs, and beat them all
ther, put in some Spice and salt, and
flower, then shied in pour apples, & let
be well tempered, and fry them with Be-
et, or half Beef and half Hogs suet
out of the Leaf.

To make a good Cake.

Take half a peck of Flower, three po-
of Butter, some Nutmeg, Cloves and
Cinnamon, Ginger and a pound of Su-
mingle these well together with the fl-
er, then take four pound of Currants
washed, picked, and dyed in a warm clo-
a little Ale-yest, twelve Eggs, a quart
Cream, or good Milk warm'd, half a
of Sack, a quarter of Rose-water, knead
well, and let it be very lith, lay it in a
cloth, and let it lye half an hour ag-
the fire, then make it up with the
of an Egg beaten with a little Butter,
water, and Sugar; put it into the
and let it stand an hour and a half.

To Pickle Cowcumbers.

Take an Earthen Vessel, and lay the
first a lay of Salt and Dill, then a lay
Cowcumbers, and so till they all be
then put in some cloves and whole Pe-
and some Fennel-seeds, then fill it up
Beer-Vinegar, and lay a clean board

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one upon it, to keep them in the Pickle,
so keep them close covered, and when
Vinegar looks black, pour it out and
it in fresh.

To pickle Broom-buds.

Take your Buds before they be yellow on
top, make your Pickle of Vinegar and
salt, which you must do by stirring it till
Salt be dissolved, then put in your
buds, and stir them once every day, till
they be sunk within the Vinegar, and be
care to keep them close covered.

To pickle Clove-Gilliflowers for

Salleting all the Year.

Take your Clove Gilliflowers, and strip off
the leaves, then strew some Sugar in the
bottom of the Gallipot (that you do them
in) and lay a laying of Gilliflowers, and
a laying of Sugar, and so till you have laid
them all, then pour on as much Claret wine
will cover them, and lay a piece of thin
bread on them to keep them down, then tie
it close, and let them stand a month in
the Sun, and use them as you have occasion.

To make Black Puddings.

Take your Blood while it is warm, and
beat it well, and put some Salt into it, and
when it is cold put in your Spices, and let it
stand

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stand two days, stir it often, then put
your Herbs well shred, as Rosemary,
winter-Sabor, Penny-royal, Time
Fennel; then make it soft with putting
Cream to it hot, until the blood looks
then beat some Eggs and mingle it, and
son it with Spices, and put in good
of Beef-Suet, not minced too small,
pour Skins therewith, and boyl them;
else you may boyl it in a Bag, which
please.

To make a Tansie:

Take fifteen Pelks of Eggs, and
whites, beat them very well, then put
some Sugar, and a little Sack, and about
pint of Cream, then beat them again,
put in Tansie, Spinnage, and Prim
leaves, or the like. chopt as small as po
ble may be, and beat them all well toge
then put it in a Skillet, and set it over
fire, stirring it continually till it be
stiff, then put it into a Pan & fry it
sweet Butter, and make Sauce for it
Rose-water, Butter, and Sugar.

To make Frumentry.

Take a quantity of Cream or Milk
much as you please; put therein Mace,
namon, and Nutmeg, set it over the fire
let it boyl; then take your Wheat (be
first boyled very tender in water) and

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to pour Cream or Milk, and boyl it well;
then beat some yelks of Eggs, with a lit-
tle cold Milk and fine flower, put them into
the chenn it, keep it stirring that it burns not
the bottom: when it is boyl'd, sweeten
with Rose-water and Sugar.

To make Stew'd Broth, or Plumb Pottage.

Take a Peck of Mutton or rather a
ump of Beef, let it boyl, and scum pour
it clean, then thicken it with grated bread,
adding in some beaten Spice, and a pound
of Currants, two pound of Raisins of the
sun, a pound of Prunes: when it is boyl-
ed, put in a quart of Claret, and a pint of
Rack, and as much Sugar as will sweeten
and then serve it up.

[To make a good Bak'd Pudding.

Take grated White-bread, and fine flow-
er with Eggs, Sugar and Spice then take
as much Cream or Milk, as will temper it
out the thicknes of Pancake-batter:
then pour Suet small, and put into it, but-
ter your Pan, and bake it; so serve it up,
adding a good quantie of Sugar upon it.

How to make Paste for a Venison-Pasty.

Take almost a peck of flower, knead it
with

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with two pound of Butter, and as
much Suet, the yelks of eight or ten Eggs, in
a reasonable lish Paste, then roul it out,
lay on Suet; first lay a paper under
the Paste, then lay on your Venison, close it
up, pinch it, and wash it with butter, &
bake it; when you draw it out wash it with
water again.

To make a Cullard.

Take good store of Eggs, put away
a quarter of the Whites, beat them well,
then mix them with the thickest and sweetest
Cream you can get; then season it with
salt, Sugar, Cinuamon, Cloves and
and a little Nutmeg; then raise your
fingers of good tough Paste, and strew the
fingers over a good thickness with currants
and Sugar, then set them in the Oven
to bake; when they are baked draw them out
strew sugar on the tops and serve them.

To make Puff-Paste.

Take the finest Wheat-flower, after
it hath been a little baked in a pot in the
oven, and blend it well with Eggs, Whites
and Yelks all together, and after the paste
is well kneaded, roul out a part of it
thin as you can, then spread cold sweet

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cover the same, then upon the same but:
roul another Leaf of Paste as before,
spread that with Butter also, then
a Leaf upon Leaf, with Butter between,
it be as thick as you think good: or
make Paste for Glenison, Florentine,
Tart, or what Dith you please, and so bake

To make a Pippin Tart.

Take Pippins and pare them, then
slice them in halves, and take out the
seeds clean, then having roul'd the coffin
up, raise up a Vedge of an inch high, lay-
ing the Pippins with the hollow sides
outwards, as close as they will lye, and
put here and there a Clove, and little bits
of Cinnamon, then cover all clean over
with Sugar, and so cover the Coffin, and
bake it; and when it is baked, heat Rose-
water and butter, and anoint all the Lid
over therewith, and strew good store of su-
gar on, and so serve it: In like manner you
may make a Codling Tart.

To make a Cheese-Cake.

Take three Eggs and beat them very
well, and as you beat them, put in as much
flour as will make them thick, put in
them

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them three or four Eggs more, and
 them altogether: then take a quart
 Cream, and put into it a quarter
 pound of sweet butter, and set them
 the fire, and when it begins to boyl, put
 your Eggs and flower, stir them well,
 let it boyl till it be thick, then season
 with Salt, Sugar, Cinnamon, and
 rants, and bake it in Paste as you please.

To make a quaking Pudding.

Take a pint (and somewhat more)
 thick Cream, ten yelks of Eggs, with
 whites, beat them very well with
 spoonfulls of Rose-water, then mingle
 spoonfulls of fine flower, with it,
 mingle it so well that there be no lumps
 in it, put it all together, and season
 with Salt and Spice, then take a
 Cloath and butter it well, then put
 Pudding therein, and let it boyl for
 an hour as fast as you can, take
 up, and make your Sauce of Butter
 Rose-water, and Sugar, and serve it

To make an Oat-meal Pudding.

Take a quart of Oatmeal beaten
 flower, a pint of Cream, four Eggs
 yelks, a good quantity of Sugar and Spice

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ound of Beef-suet well minced : mingle
these together, and so bake it.

To make a Sack Posset.

Take a quart of Cream, and boyl it well
with Sugar, Mace, and Nutmeg, and take
a pint of Sack, and as much Ale, and
boyl them well together with some Sugar
when it hath stood cooling a little
while, put your Cream into a bason to
cool the Sack, then heat a Pewter-dish and co-
ver your bason with it, and let it stand by
fire two hours e're you eat it.

To make a Caudle.

Take what quantity of Ale you think
fit, and set it over the fire, and when
it is ready to boyl, scum it well, then
put in large Mace, and take the Welks of
Eggs for one Mels or draught, and
beat them according to the quantity of
Ale : beat them very well, and
scum away the skin of the Welks, and when
the Ale boyls put them in, and keep them
stirring continually : and when it hath
boiled a while sweeten it with Sugar,
if it be to eat cut two or three toasts
of White-bread toast them dry, and put
them

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them to the Caudle, but if it be to
put in none.

To Stew Beef.

Take a good Rump of beef, cut
the bones, shed Turnips and Car-
small, with Spinnage and Lettise, put
in a Pan, and let it Stew four
with as much Water, and a quart
White-wine as will cover it, some
per and Salt, when it is stewed,
put in a Wine-glass full of good
Vinegar, and serbe it with Hippits.

To boyl a Gammon of Bacon,

Water pour Gammon of bacon the
four hours, then put it into a deep
with sweet Hay, let it boyl softly six
ven hours, and then take it up with
scumme and Plate, and take off the
whole, then stick pour Gammon with
Cloves, and strew on some gross Pe-
then cut your Skin like Hippits to
pour Gammon, and when you see
stick it with bay-leaves.

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To boyl Brawn,

Water pour brawn Twenty four hours,
and scrape it four or five times,
take it out of the Water and lay it
on a clean Table, and throw a handful of
salt on every Collor, then bind them up
fast as you can with Hemp or Bals, and
put them in your Kettle; when the Water
boileth, and the scum ariseth, take it away:
let it boyl so tender that you may thrust a
knife through it, then let it cool till the
next morning, and then sawce it.

To make White-Pot:

Take the best and sweetest Cream, and
mix it with good store of Sugar and Cin-
nabar, and a little Rose-water; then take
it from the fire, and put into it clean pick-
les, but not so much as to make it thick,
let it steep therein till it be cold, then
beat in the Yolks of six Eggs, and two
Teaspoons, Currants, Nutmeg and Salt, then
put it into the Pan or Pot, as thin as
a Custard, and to bake it, and
put it in the Pot it is baked in, strewing
sugar on the top thereof.

To make Mince-Pyes

Take a leg of Mutton, and cut the best of
the

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the flesh from the bone, and parboyl it then put to it thye pound of the best ton-Suet, and shred it very small, spread it abroad, and season it with Cloves and Mace beaten, then put in store of Currants and Raisons, and dates sliced: then being all mixed ther, put it into your Cokins, and bake 'em, and when they are serbed up the Lids and strew good store of Sugar the top of the Meat, and upon the Lid like manner also you may make Pyes of Beef, or Veal, only the should not be parboyl'd, and the veal require twice as much Suet.

To make a Warden or Quince-Pye.

Take the fairest and the best Wardens or Quinces, and pare them, and Coyer cut the sharp ends flat, then boyl in Whitewine and Sugar, till the Syngrowes thick then lay them in a cleane to cool, then set them into a Coffin of rough Paste; stick Clovis in the with little bits of Cinnamon, and store of Sugar, then cover it with a onlly leavldg a vent-hole, then bake when you draw it, put the Sirrup the Wardens or Quinces was boyled at the Vent-hole shake it well, & melt

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er with Rose-water, to anoint the
and strew good store of Sugar on
op of the Wardens or Quinces, and
it, and so serbe it up.

For Dressing of Fish.

ake any fresh fish whatsoever, as Pike,
m, Carp, barbil, Chub, or such like,
draw it, but scale it not, and then take
the Liver and refuge, and wash pour
; then take a Pottle of fair Water, a
quantity of White-wine, good Rose
salt, Vinegar, and a little bunch of
er herbe, and set it on the fire; and
on as it begins to boyl, put in your
and having boyl'd a little, take it out
a fair Vessel: then put into the Liquor
grosse Pepper, and Ginger; and when
boyl'd well, put in some more Salt,
to let it cool, and then put your Fish
it, and when you serbe it up, lay Fen
thereupon,

To boyl small Fish.

irst boyl White-wine and Water to-
er, with a bunch of sweet herbe, and a
lit.

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little whole Pease; when all is be-
well together, put in your Fish,
ther Roches, Dates, Gudgeons, Fl-
ders, or the like; and as the Scum
riseth take it clean off: then put
the sole of a Hanchet, a good qua-
ty of sweet Butter, and season it
Pepper, Salt, and Versuice, so
it in upon Sippets, and adorn the
with Sugar.

To make broth for any fresh Fish wh-
soever, whether *Pike, Bream, C.*
Barbel, Eel, or the like.

You must boyl Water, Versuice,
Salt together; with a handful of
Onions; then you must thicken it
three or four spoonfuls of Ale-
then put in a good quantity of
barberries, as also pretty Doze of
rants; when it is boyled enough,
sp your Fish and your Broth upon it,
ing your Fruic and Onions upper
and so serue it up.

To Roast a Cows Udder.

Take a Cows Udder, and first boyl it well
in stick it over with Cloves, and when it
is cold, Spit it and lay it to the fire, and
baste it well with basting; and when it
is well roasted and brown, bread it and
take it from the fire, take some Claret-
wine and grated bread, and set it on a
basting-dish of Coals, and boyl it till it
is thick, then put to it good store of Su-
gar and Cinnamon, and putting it in a
dish, lay the Udder therein, and trim
the sides of the Dish with Sugar, and
serve it up.

To Roast Venison.

Take your Venison and Lard it either
with Pork or Bacon, and stick it full of
cloves on the outside, then spit it and
roast it by a smoking fire; then take cla-
ret wine, Vinegar, grated bread, and some
of the Gravy that comes from the Venison,
boyl them well, then season it with
Sugar, Cinnamon, Ginger, and Salt, and
serve it up upon the Sauce, when it is e-
nough.

To make Sauce for a Roasted Capon.

Take Onions, peel and slice them, then
boyl them in fair water with Pepper, salt
and

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and a few White-bread Crumbs, put
into it a Spoonful or two of claret-
the juice of an Orange, three or four
ces of Lemon-peel shred small; all
mixt together, pour it upon the Car-
when 'tis cut up. This sauce (leave
the bread) will also serbe for a Wheasand

To make Sauce for a Quail, Rail, or
ny big Bird.

Mix Claret wine and Salt together
with the gravy of the Bird, and a few
bread-crumbs, boyl them, and pour
the birds when you cut them.

To make Sauce for Pidgeons, Stock
Doves or the like.

Mix butter and Vinegar, with Pars-
Roasted in their bellies, and shred small
serbe it up with the Pidgeons.

To make Sauce for any Wild Fowl
Roasted.

The most general Sauce for all kin-
Wild-fowl Roasted, as Duck, Mallard,
Teal, Snipe, Sheldrake, Plover, &c.
Gulls, and such like, is only Mustard
Vinegar, or Mustard and Verjuice mix-
gether; or else an Onion, Water, and
per: some use only butter melted with
anything else.

To make Sauce for Green-Geese.

Take Sorrel, stamp it and strain it,
mix the juice thereof with Sugar,

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scalded Goose berries, and so serbe it
on supps.

To make Sauce for a Pigg.

Take Sage and roast it in the bells of tze
g, then boyl Mersuice and butter and cur-
rs together, take & chop the sage small,
mix the brains of your Pig with it.

To make Sauce for a Turkey.

Take Water and set it over the fire, and
in slice good store of Onions, and put in-
it, also Pepper and Salt, and good store
Gravy that comes from the Turkey, and
all them well together; then put to
a few fine crumbs of grated bread to
thicken it, a very little Sugar, and some
Vinegar, and so serbe it up with the Tur.

Sauce for Roast Mutton.

Some use only Onions sliced in fair wa-
ter and Salt; some use broom-buds Pick-
led, some pickled Cucumbers; but the best
is Clove-Billiflowers Preserved in
Rhet wine, as before I shewed you.

Sauce for Veal

Take all kind of Sweet Pot herbs, and
chop them very small, with the Yelks of 2
Eggs; boyl them in Vinegar, and

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butter, with a few white-bread crumb
good store of Sugar, then season it
Cinnamon, a little Pepper and Salt,
pour it upon the Meale, with some sliced
Oranges and Lemmons about the dish.

To make Rice-Puddings.

Take half a pound of Rice, and steep
in new Milk a whole night, and in the
morning drain it, and let the Milk drop
and take a quart of the best, sweetest,
thickest cream, and put the Rice in
boyl it a little, then let it cool an hour
two, and then put in the Pecks of six
a little Pepper, Cloves and Mace, rice
Sugar, and Salt; and having mixt
together, put in good store of beef sweet
shred, and beat it well, so put it into
Farms or skins and boyl them, and
them up after a day old.

To make Links.

Take the largest of your Chines of
and that is called a list, and shred them
and mix the fat and the lean exceeding
together, then take good store of Sage
shred it very small, and mix it with the
then give it a good season with Pe
and Salt, Cloves and Mace, then take
Farm or skins in their whole length
cut in pieces as for Puddings; first

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well to make the meat slip, and then
them, which done, divide them with
heads into small Links as you please,
hang them up in a corner of some
kitchen (clean swept) that they may take
out of the fire, and let them dry for 4 or
5 days e're any be eaten, and when they
are served up, let them be fried or broiled on
a grid-iron, or roasted about a Capon.

To make an excellent Sullabub, without
Milking under a Cow.

Take Spider and good store of Sugar,
a little Nutmeg, stir it well together,
put in as much thick cream as you think
convenient, by two or three spoonfuls at a
time, as hard as you can (as though you
beat it in) then stir it exceedingly softly
and about, and let it stand two hours at
least before it be eaten: for the standing
makes the Curd.

To make a Fool.

Take two quarts of Cream, let it over
fire and let it boyl, then take the Yolks
of twelve Eggs, and beat them well with 3
or 4 spoonfuls of cold Cream, as the
cream is heating over the fire, take five
or six spoonfuls and put to the Eggs, stir
them well together, and when the
cream

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cream boyle, Strain the Eggs into it
keeping it stirring continually that it
not burn to the bottom, and let it
little after the Eggs are in, then take
and let it stand and cool, then cut some
pics and lay in a dish, and pour
four spoonfulls of Sack upon them, let
them so dry, and when they be
so that they hang on the dish, then take
the Cream, and pour it into the Dish
ly, that the Syppits rise not up: but
till it be cold e're you eat it.

To Hash a Calves head.

Take it and wash it, then take it and
cut it in small pieces, then take some
and shred them small, then take
wine, and the yelk of four Eggs, and
a stewing, and make it well together.

To Hash any cold Meat.

Slice your Meat and set it a fire
and put in sweet Herbs, some whole
per, and Cloves. and when you serve
put in some butter and Vinegar.

For a Fregacy.

Take your Rabbits or Chickens, and
cut them in pieces, and break the bones
a rolling-pin, and let your pan be
clean, and take sweet butter, and keep

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ing, and slice a little Lemmon, and
it is almost ready, put in some Eggs
cream well beaten, and two or three
spoonfuls of Rose-water, or Sack; and stir
well together, and when it is fryed e-
nough, serve it up.

To make Sauce for boyl'd Rabbits.

Take Onions and boyl them in a cloath,
boyl Currants, and beat your butter
with Vinegar, very thick. and serve it up.

Sauce for boyl'd Chickens.

Take Parsley and Sorrel scalded and
then melt your Butter thick, and so
stir them together with a little Sugar, and
serve them up.

Sauce for Calves Feet.

Boyl a little bread and Water, and take
yolks of three or four Eggs, and two or
three spoonfuls of Sack or Claret, and a
little Sugar, beat them together and serve
them up.

Sauce for a boyl'd Leg of Lamb.

Take Goose-berrys scalded, and butter
them with Vinegar and Sugar, and a little
Lemon and Orange: and so send them
up.

Sauce

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Sauce for Roast Mutton.

Take three or four Anchovies fresh
Claret Wine, over a Chaffing Dish
Coals, and as much grappas you can
and so serve it up.

To make a Chicken-Pye.

Take your Chickens and season
with Cloves and Mace, and a little
then lay them into your Coffin, and lay
large Mace upon them, and an indif-
ferent quantitie of butter, and leave a vent
the top, so bake it, and against it is
make a Caudle of Muscadine or Sack
ed with Mace, and thickned with C
Sto of Sugar, and fill it up, and ser-
either cold or hot. This is the new
to make a Pidgeon-Pye.



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